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LONDON metro®
Wednesday, January 18, 2017
www.metronews.ca
News worth sharing.

Crunch go the budget numbers

The results of Wednesday's committee meeting are expected to give a glimpse of the final city budget
Mayor Joe Fontana has said he is still holding out hope there will be no property-tax increase this year

ANGELA MULLINS
@METRONEWS.CA

The potential for an all-out budget showdown is brewing Wednesday at city hall.

City council's services-review committee will meet at 9 a.m. for what could be a marathon session about proposed programs, and there could be some tough decisions.

At the heart of it is how much Londoners will pay in property taxes this year. The draft budget tabled in December called for a 2.3 per cent property-tax increase. Getting to a zero per cent hike is expected to be difficult, though not impossible.

"There's only two ways to make a budget. Either you increase your revenues, or you decrease your costs," Coun. Paul Hubert said when the budget was tabled. "There's no rabbit out of the hat on this one."

What gets approved at the meeting won't be finalized until Feb. 21.

Here's a brief look at what's on the table:

Adds and cuts

The committee has built a long adds/cuts list over the past several months. Proposals that come with a request for money — there are about $15.3 million worth — would add to the draft budget and push the proposed tax increase higher.

The projects cover a broad spectrum from library services to parking. Some examples include:

- $2 million to replace soccer pitches lost in a redevelopment project
- $300,000 to replace some parking meters with pay-and-display terminals
- $1.2 million for streetscape improvements on Horton Street
- $500,000 to boost parking downtown
- $100,000 to go toward ReForest London's Million Tree Challenge.

Board and commission targets

When councillors set tax targets in May, various boards and commissions were given a standard to meet. Many of them did, but others — including the police department, the London & Middlesex Housing Corp. and Land Ambulance — did not.

The overages — to the tune of about $2.9 million — are figured into the draft budget, and city council has asked that the groups report back on Wednesday with scaled-down budget requests.

If everyone comes in on target, it would lower the proposed tax increase by 0.6 per cent.

$10.7M Cuts or new revenue needed to avoid a property-tax increase in the draft 2012 budget.

A starting point

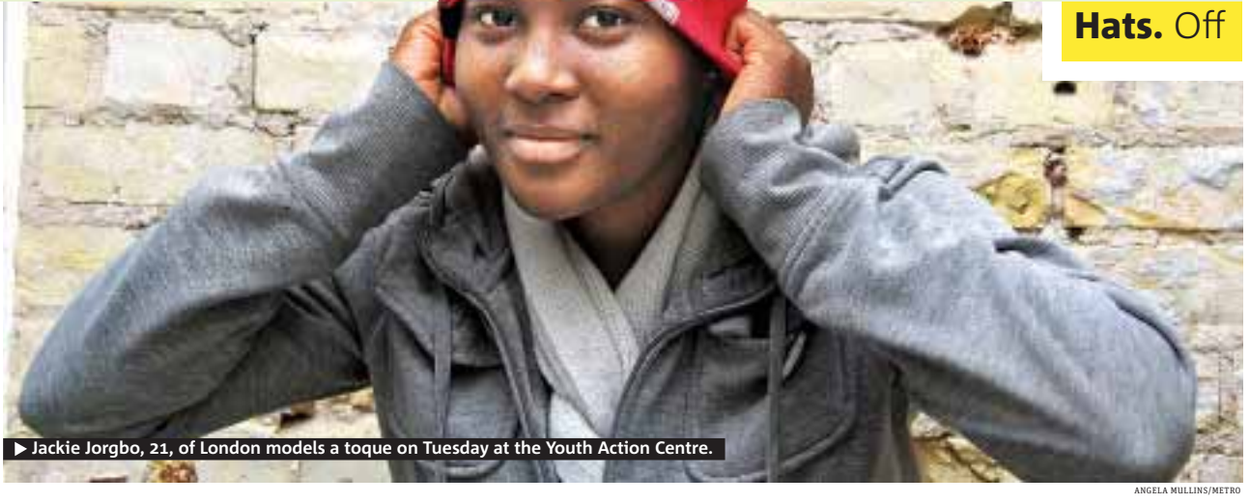
City administrators have tabled $2.4 million in proposed cuts and new revenue around city hall. Politicians heard the proposal in December and will discuss it.

The money comes from several areas, including an already approved hike in parking fines.

If the whole idea is endorsed, it would cut 0.5 per cent from the proposed tax increase.

Hats. Off

The $10 toques are being sold as part of a Raising the Roof benefit co-ordinated locally through Youth Opportunities Unlimited, which provides services to more than 3,600 young people in the London area.
Raising the Roof is a national initiative aimed at finding long-term solutions to youth homelessness. Since 1997, the organization has given out almost $3.3 million to more than 145 agencies across Canada.
The toques are available at the You Made It kiosk at Covent Garden Market or by calling 519-432-1112.



▶ Jackie Jorgbo, 21, of London models a toque on Tuesday at the Youth Action Centre.

ANGELA MULLINS/METRO

Raising the Roof by raising a little money for young people at risk

1 news

Governments and time wonks are headed for a showdown over the fate of the 40-year-old "leap second." Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Rick Perry infuriates Turkey's government with his latest debate controversy. Watch at metronews.ca/video

Follow us on Twitter @themetrolondon

Forest City plans spruce-ups aplenty

Reinvigorated by new master plan for downtown, city plans to enhance several public spaces this year ◐ Work in the core travels the distance, stretching from Thames River to Wellington Street

ANGELA MULLINS/METRO

▶ Cars and pedestrians make their way across the intersection of Wellington and York streets Tuesday afternoon. A renovation of the intersection's four corners is on the city's list of 2012 plans for creating more inviting public spaces. Work there is expected to begin this fall.

ANGELA MULLINS
@METRONEWS.CA

Giving Market Lane a facelift may be stealing all the attention, but city planners have plenty of other downtown spruce-ups in store for 2012.

No doubt the Market Lane plan — unveiled Monday with a budget of $650,000 — is the biggest, said Andrew Macpherson, the city's manager of parks planning and design. Still, the other projects, including one at Wellington and York streets and one along the Thames River, are just as important for creating a vibrant core, he said.

"Think of the places you go to see. It's not because they have a beautiful highway system; it's because they have beautiful streets to walk on," Macpherson said. "We've got to keep our thoughts open to big visionary projects so we can think … 20 to 30 years (ahead). But, in the meantime, we can continue on to do these projects that make this corner or that corner of downtown better."

"They're small projects that don't cost a lot of money … but give a huge return."
ANDREW MACPHERSON, CITY'S MANAGER OF PARKS PLANNING AND DESIGN

Plans for Wellington and York streets include new lighting, trees and landscaping along the median and the four corners. The overall goal is to improve the first look at downtown as people travel north through the Wellington train viaduct, Macpherson said.

Plans for Market Lane aside, the largest project slated for this year will see a $425,000 plaza and lookout built at the Blackburn Memorial Fountain at the forks of the Thames River.

A smaller-scale project will see beautification work outside the Nancy Campbell Collegiate Institute, the former Labatt headquarters at Ridout and Queens.

Province to help city with court costs

Starting this year, the City of London will get provincial money to help cover court security and prisoner transportation costs. London will receive $491,687.42, an amount that will increase every year until 2018.

The cost-sharing is part of a larger 2008 provincial-municipal agreement. London is receiving more than $38 million this year under that agreement, which involves Ontario Works, the Ontario Drug Benefit program and the Ontario Disability Support Program. London is expecting more than $52 million annually by 2018. METRO

TSN.CA

▶ Michael Landsberg

TSN host goes on the record about depression

Michael Landsberg, host of TSN's Off the Record, will address his battle with depression as the keynote speaker at the Breakfast of Champions on May 8 at the London Convention Centre. Tickets for the St. Joseph's Health Care Foundation event are available at sjhc-foundation.org. METRO

What part of London would you like to see get a spruce up?

We asked Londoners via social media what area of London they would next like to see get a facelift. Here's what you said:

Twitter

- **@GrantNuttall:** York St. near the Greyhound station could use some beautifying … There are much nicer first impressions that could be made
- **@aaronvsmusic:** how about the job market?
- **@speedlines:** Intersection of Richmond and Dundas!
- **@NikkehSass:** Richmond & Dundas is obvs., but how about the Greyhound Station? That's some people's 1st impression of #ldnont
- **@maxamilli:** Richmond and Dundas for sure, the facades of the buildings deserve some preservation.
- **@everaft3r:** A better, safer station where you are able to transfer between London Transit and the Greyhound in one place
- **@outtamywaystool:** York st, from greyhound station down to Wellington. Something should go in that old bud Gowan building!
- **@PeopleInTransit:** Dundas fr Adelaide to Highbury. Kelloggs area a disgrace & invitation to squatters and the dangers that follow. #ldont
- **@scorchyy:** since D&R is a given, I'll say Fanshawe College area. The college is nice, but everything around it looks dull and beaten.
- **@Junesbee:** Oxford by Sanitorium. They've let that area go for too long.

Facebook

- **Lau Neely:** Dundas (Nikki Sasso, Aislinn Elisabeth Elo, Katie Naus like this)
- **Robbyn Lindsay:** Old East Village! There is so much potential!

STOLEN RING

Kijiji offer bring theft charges

London police are advising people to be careful when selling items online after a recent transaction resulted in an alleged theft.

In December, a local resident had placed a seller's ad on Kijiji London for the sale of a diamond ring worth almost $5,000. A prospective buyer made arrangements to meet the seller in a parking lot along Richmond Street near UWO. The prospective buyer took possession of the ring and took off.

Police have charged 23-year-old Kyle Dougherty of London, with one count of theft under $5,000.

The diamond ring has not been recovered and is described as a .75kt, 14kt white gold, diamond ring, size 7.25. Anyone with info is asked to visit contact London Crime Stoppers.

METRO

Fanshawe donation breaks record

Fanshawe College staff and students have made the largest contribution in the school's history to United Way. On Tuesday, Paul Seed of the United Way was presented a cheque by Fanshawe College President Howard Rundle.

This is the second consecutive year Fanshawe has surpassed the $100,000 mark.

$106,413
The amount raised by Fanshawe in its most recent fundraising campaign for the United Way.

METRO

Man dies after being hit by car

Provincial police say a 49-year-old man has died from injuries suffered when he was hit by a vehicle on Highway 3 in Essex County. The LaSalle man, a tow-truck driver, was helping a Chatham man change a tire on the centre median Tuesday morning.

AM980/AM980.CA

It's not too soon to book a campsite

The Upper Thames River Conservation Authority's Conservation Areas are now accepting reservations for the 2012 camping season.

Save $2 by reserving your campsite online. YOu can also book by phone at 1-866-668-2267.

METRO

Urban-rural transition tackled in stage play

ANGELA MULLINS/METRO

▶ From left: Tim Campbell portrays Peter, Douglas Hughes portrays Nick, Adrienne Gould portrays Cassandra and Rod Beattie portrays Ed in a scene from Ed's Garage on Tuesday at The Grand Theatre.

Characters come to grips with things that are 'wrong in the world'

ANGELA MULLINS
@METRONEWS.CA

A show debuting Friday at the Grand Theatre reunites three longtime friends with decades of stage experience under their belts.

Ed's Garage combines the storytelling of playwright Dan Needles with the directing and acting of Stratford brothers Douglas and Rod Beattie, weaving together a comical look at the transition from urban to rural life.

The Needles-Beattie trio is best known for work on the Wingfield series, seven solo shows written by Needles and featuring Rod Beattie in multiple roles with his brother as director.

People familiar with Wingfield will see many of the same themes repeated in Ed's Garage, Douglas Beattie said.

"It's funny, smart and I would say warm," he said about the play.

With a cast of four, the show is built around Ed (Rod Beattie) and a machine shop he operates on his small-town farm.

Although he has no professional training, Ed seems to have a knack for tackling people's psychological problems and is known for hiring people who are new to farm life.

Things get complicated at the machine shop when a new fellow, ordered to see a professional psychologist for anger management, blows into town and winds up in Ed's care.

For tickets...

▶ Ed's Garage will continue through Feb. 4. For ticket information and show times, visit grandtheatre.com or call 519-672-8800.

THE CANADIAN PRESS/HANDOUT

▶ An Orange Bowl ring stolen from a Florida player.

Football player's ring returned

A 2001 Orange Bowl ring stolen from a former Florida State University player has been recovered.

Police say a London resident spotted the championship football ring for sale on the London Kijiji online classifieds.

The ring had been issued to FSU nose tackle Jeff Womble, No. 91.

Investigators say the resident contacted the Kijiji seller and made arrangements to meet and buy the ring for $1,500 with the intention of returning it to Womble as a "new year — pay it forward gesture."

However, Womble suggested getting local police involved so no one would be out any money to get the ring back. London police contacted the seller and recovered the ring from a London resident who had acquired it through a private sale.

THE CANADIAM PRESS

‘Go on board!’ captain of doomed ship told

Death toll from the Costa Concordia shipwreck rose sharply on Tuesday, to 11

GREGORIO BORGIA/THE ASSOCIATED PRESS

▶ Italian naval divers approach the cruise ship Costa Concordia Tuesday after it ran aground on the tiny Tuscan island of Giglio, Italy, on Friday evening.

“You go on board! Is that clear? Do you hear me?” the coast guard officer shouted as the captain of the grounded Costa Concordia sat safe in a life raft and frantic passengers struggled to escape after the ship rammed into a reef off the Tuscan coast.

“It is an order. Don’t make any more excuses. You have declared ‘Abandon ship.’ Now I am in charge.”

The dramatic recording made public Tuesday shows Capt. Francesco Schettino resisted orders to return to his ship to direct the evacuation, saying it was too dark and the ship was tipping perilously.

The Costa Concordia had more than 4,200 passengers and crew on board when it slammed into the reef Friday off the tiny island of Giglio after Schettino made an unauthorized manoeuvre from the ship’s programmed course — apparently to show off the luxury liner to the island’s residents.

Schettino has insisted that he stayed aboard until the ship was evacuated. However, the recording of his conversation with Italian Coast Guard Capt. Gregorio De Falco makes clear he fled before all passengers were off — and then defied De Falco’s repeated orders to go back.

“Listen Schettino,” De Falco can be heard shouting in the audio tape. “There are people trapped on board. ... You go on board and then you will tell me how many people there are. Is that clear?”

The exchange also indicates that Schettino did not know anyone had died, with De Falco telling him at one point: “There are already bodies now, Schettino.”

“How many bodies?” Schettino asks in a nervous tone.

“You are the one who has to tell me how many there are!” De Falco barks in response.

THE ASSOCIATED PRESS

Tape recording

THE ASSOCIATED PRESS

▶ **Conversation.** At one point, in a recording of a conversation between Italian Coast Guard Capt. Gregorio De Falco and Francesco Schettino, pictured, De Falco vowed: “I’m going to make sure you get in trouble.... I am going to make you pay for this. Go on board, (expletive)!”

▶ **Arrest.** Schettino was finally heard agreeing to reboard on the tape. But the coast guard has said he never went back, and had police arrest him on land.

Scan the code or go to metronews.ca to hear the full recording.

Conservatives stay in the shadows as spy drama unfolds

RYAN TAPLIN/METRO HALIFAX

▶ Jeffrey Paul Delisle is escorted from Halifax provincial court to a sheriff’s van on Tuesday morning.

The Harper government hunkered down Tuesday in an attempt to weather an unfolding spy drama involving a naval officer who worked at one of the most sensitive and secure military intelligence centres in the country.

Prime Minister Stephen Harper, Defence Minister Peter MacKay, the military and the RCMP turned aside questions on the case of Sub.-Lt. Jeffrey Paul Delisle, who’s charged with communicating information to a foreign entity.

Defence experts said, given where the suspect worked, the potential damage to national security was immense.

MacKay said he would not confirm or deny reports the foreign power involved could be Russia, but a defence expert said that country is the most likely suspect, given the few details available.

“I am not going to play Clue,” MacKay said during a media availability to trumpet $337 million for a new satellite system intended to make military and government communications more secure.

“Our allies have full confidence in Canada.”
DEFENCE MINISTER PETER MACKAY WHEN ASKED ABOUT CHARGES LAID AGAINST A NAVAL INTELLIGENCE OFFICER IN HALIFAX

The case against Delisle was adjourned until next week by a Halifax judge, leaving the mystery to deepen as a neighbour in Bedford, N.S., described him as “someone who kept to himself” since moving from Ontario.

His rented house was turned upside down by RCMP and military police investigators last week.

The Security of Information Act, the law being used to prosecute Delisle, remains untested in court — never having been used in a case of alleged espionage since its passage in 2001.

THE CANADIAN PRESS

Premiers look beyond Ottawa for health

The provincial premiers have gone from demanding Prime Minister Stephen Harper return to health-care talks to saying they may not need him that much when it comes to improving health care.

Premiers Brad Wall of Saskatchewan and Robert Ghiz of Prince Edward Island announced Tuesday they will lead the charge in a provincially driven working group to improve health care.

The Health Care Innovation Working Group will focus on the provinces and territories finding and sharing new ways to meet health challenges.

THE CANADIAN PRESS

“The federal government is not needed for this work. They don’t deliver health care. The expertise is in the provinces and the territories.”
SASK. PREMIER BRAD WALL

Winter sports causing injuries

Thousands of Canadians end up in hospital each year after breaking bones on the ski slope or snowboard run, sustaining a concussion from a hit on the hockey rink or suffering multiple injuries in snowmobile crashes, says the Canadian Institute for Health Information.

THE CANADIAN PRESS

5,600 The number of Canadians who were hospitalized with serious injuries related to winter sports.

Don't click on Wikipedia today

Popular website was set to go black to protest proposed U.S. curbs But some editors are unhappy

Some Canadians have pledged to join Wikipedia and other big websites in going black today.

The Wednesday blackout is a protest against proposed anti-piracy legislation in the U.S. that could have far-reaching effects for Internet users.

The legislation could allow website addresses to be blocked when complaints are filed about copyright infringement.

Search engines could be compelled to remove links to sites accused of copyright violations.

Web payment processors and advertisers could be forced to stop doing business with alleged offenders.

Tucows, a Toronto-based company that manages more than 11 million domain names, planned to temporarily take down its downloading site, which hosts more than 40,000 programs.

"My hope is that ... people will understand that we're doing it for our readers. We support everyone's right to freedom of thought"
CANADIAN SUE GARDNER, EXECUTIVE DIRECTOR OF THE WIKIMEDIA FOUNDATION

Social media service Identi.ca was also among Canadian sites joining the likes of Boing Boing, Reddit and Wordpress in the protest.

But the planned shutdown of one of the Internet's most-visited sites was not sitting well with some of its volunteer editors.

They say the protest of anti-piracy legislation could threaten the credibility of their work.

"My main concern is that it puts the organization in the role of advocacy, and that's a slippery slope," said editor Robert Lawton, a Michigan computer consultant who would prefer that the encyclopedia stick to being a neutral repository of knowledge.

"Before we know it, we're blacked out because we want to save the whales."

THE CANADIAN PRESS/ THE ASSOCIATED PRESS

A COMPUTER IS HIS BIBLE

THE HIGH PRIEST OF FILE-SHARING

The pirates of file-sharing are on a mission.

Last week, the Swedish Missionary Church of Kopimism won official recognition as a religion — and the creed of copying and spreading information is expanding around the world.

Followers have sprung up in Russia, Romania, France, the United States and Denmark. A congregation in New Zealand is also seeking legal recognition.

The Kopimists worked all of last year to be recognized as a religion in Sweden. Last week, officialdom recognized their status as a church.

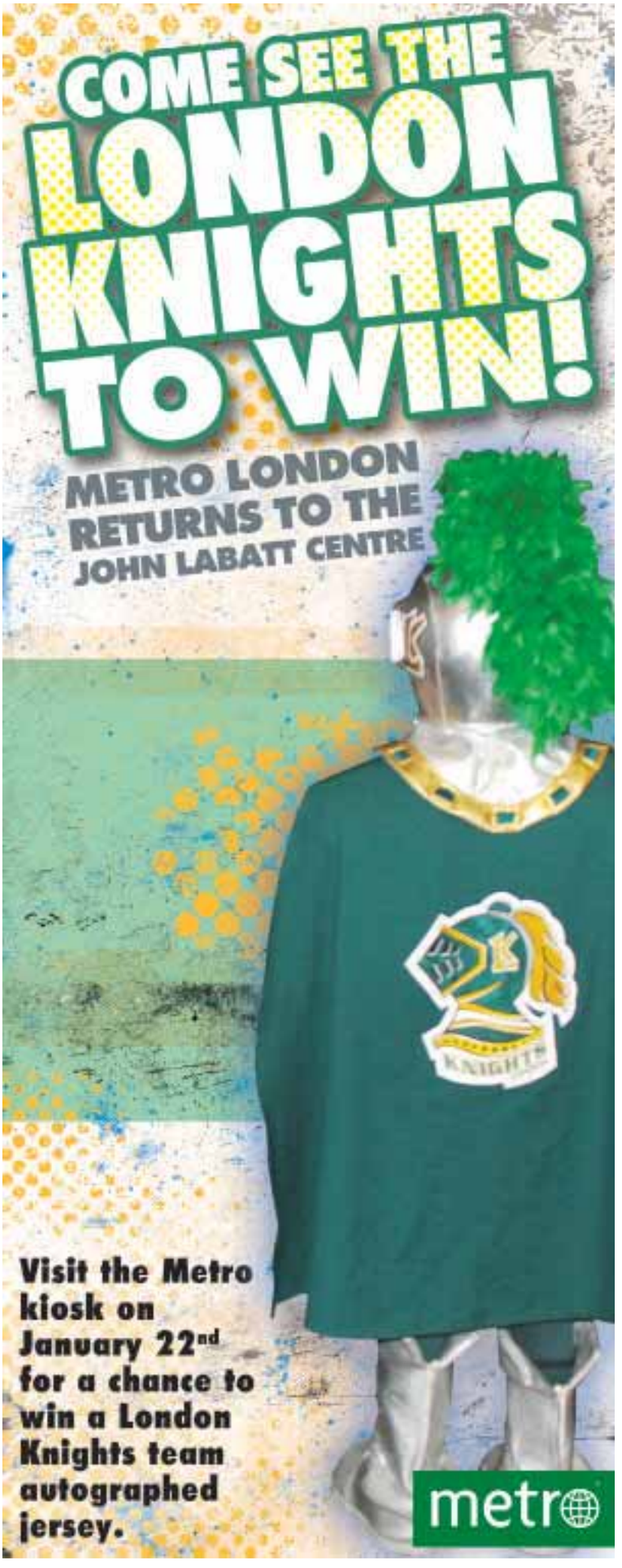
"The response has been great, even outside Europe. I have been contacted by new Kopimists in India as well as Japan,"

PATRIK LUNDIN/FOR METRO

▶ Isak Gerson, founder and spiritual leader of the Church of Kopimism, spoke with Metro about his religion.

philosophy student Isak Gerson, 19 — founder, head of mission and supreme spiritual leader of the church — told Metro. There are now 3,000 followers in more than 10 countries, it's claimed.

METRO WORLD NEWS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Visit the Metro kiosk on January 22nd for a chance to win a London Knights team autographed jersey.
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CANADIAN HISTORY

Tommy Douglas' medals up for auction

Medals from socialist icon and former Saskatchewan premier Tommy Douglas are on the auction block, but his daughter hopes the collection stays together.

"I just hope that whoever buys it won't split it up and it would be wonderful if they would donate it or give it to a museum that already has a lot of his things," actor Shirley Douglas said Tuesday in a phone interview with The Canadian Press.

If the Canadian Museum of Civilization had the items, it could loan them to other museums across the country, she suggested. Then the public would also be able to see the medals.

CHRIS SCHWARZ/THE CANADIAN PRESS FILE

▶ Tommy Douglas

"I'm worried about them not being acquired by one person who would like to give them to a museum," Douglas said.

The collection, including an engraved coronation medal from 1937, is being auctioned off at the end of January by Jeffrey Hoare Auctions, based in London, Ont.

The company's website says the lot also includes Second World War and Victory medals from Tommy Douglas's father, Thomas Douglas Sr.

THE CANADIAN PRESS

Honour important to Shafia, brother testifies in murder case

Accused's half-brother final witness in lengthy trial

Honour is very important to a man accused of killing half of his family, allegedly in a so-called honour killing, but Mohammad Shafia is no murderer, his half-brother said Tuesday.

Dr. Mohammad Anwar Yaqubi, in one of several outbursts in which he vehemently asserted his sibling is innocent, suggested it's the police and prosecutors who should be in prison instead of Shafia and his co-accused wife and son.

Wiretaps that the Crown says show Shafia's lingering anger over his daughters' dating habits, in which he calls them "whores," actually exonerate Shafia because he never explicitly says he committed murder, Yaqubi said.

THE CANADIAN PRESS

▶ This picture provided by the Frontenac County Court shows Rona Amir Mohammad, left, and Sahar Shafia, found dead in June 2011.

"If you listen to them properly and you analyze them properly you'll find out that dear (Shafia) shouldn't be here," Yaqubi said in response to a question about how many hours he spent listening to the recordings.

Shafia, his wife Tooba Yahya, 42, and their son Hamed, 21, are on trial in Kingston, Ont., charged with four counts each of first-degree murder. They've pleaded not guilty in the deaths of Shafia and Yahya's daughters Zainab, 19, Sahar, 17, and Geeti, 13, as well as Rona Amir Mohammad, 52, Shafia's first wife in a polygamous marriage. THE CANADIAN PRESS

Crown contends

- The Crown alleges the four victims were killed to protect family honour.
- Honour was a big deal for Shafia, Yaqubi agreed under cross-examination.
- The police wiretaps that captured his enraged outbursts show that Shafia was angry, but also grieving, Yaqubi said.
- But the Crown suggested Yaqubi doesn't know his half-brother very well at present, since he has only had sporadic communication, consisting of a handful of telephone calls on major holidays, since 1994.

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Aboriginal parole hearing for Haitian-born killer 'disrespectful:' victim's dad

A father says the man who murdered his teenage daughter should be denied an aboriginal parole hearing because it makes a "mockery" of Canada's First Nations people.

Michael Manning's 15-year-old daughter, Tara, was raped, smothered and stabbed dozens of times in the family's suburban Montreal home nearly 18 years ago.

The Parole Board of Canada has granted the girl's killer an elder-assisted hearing, which is usually reserved for aboriginal offenders and is designed to be sensitive to their traditional cultures.

The agency does allow some non-aboriginal inmates to use the process.

But Manning argues the Haitian-born man, who was convicted in 1997 of first-degree murder, should not be allowed such a hearing because, to his knowledge, he doesn't have a First Nations background.

"Aboriginals fought for a long time to try and get special rights and privileges ... It's disrespectful and it's a mockery to our First Nations, Inuit and Metis people," Manning said in an interview from his Montreal-area home on Tuesday.

Manning's daughter's killer cannot be named because a court ruled he was a minor at the time of the slaying.

THE CANADIAN PRESS

CIDA to investigate Ethiopian aid

Canada's aid agency says it will look into how Ethiopia spends assistance funds after publication of a report that accuses the African country of an abusive and systematic practice of forcing rural villagers off their land.

The response came after a report released Tuesday by Human Rights Watch blasted the country for its "villagization" program that it says has forcibly relocated 70,000 indigenous people, and aims to move 1.5 million by next year.

The forced expulsions have cut villagers off from food sources and basic health services while forcing them to endure abuse from the Ethiopian army, the report alleges.

Researcher Felix Horne says the situation violates Canada's own policy, which says all aid spending must meet international human-rights standards.

Ethiopia is the third-largest recipient of foreign aid from Canada, at about $170 million a year.

Horne said he had off-the-record discussions with officials at the Canadian International Development Agency about his findings last year, but got little meaningful response.

That changed Tuesday when a spokesman for International Co-operation Minister Bev Oda replied to a request for comment with an emailed statement: "We will look into these allegations further, to ensure there is no misuse of Canadian taxpayers' resources."

THE CANADIAN PRESS

Crown: Nortel 'scheme' like a game of Sudoku

Prosecutors allege fraud deeply rooted in company, 2002-03 profits manipulated to achieve desired results

Crown lawyers at the fraud trial of three former Nortel Networks executives say the men created a culture of dishonesty at the fallen telecom equipment maker, encouraging staff members to cook the books to meet bonus-related targets.

Lead prosecutor Robert Hubbard told court Tuesday that under the direction of then-CEO Frank Dunn, the use of financial reserves to bulk up flagging balance sheets was widespread.

"In terms of this cookie-jar approach to accounting, it had a long history at Nortel, it wasn't just the accused who were involved in it," Hubbard said during the second day of the trial.

Hubbard likened the alleged scheme overseen by Dunn to a game of Sudoku, in which he knew what would trigger bonuses tied to a return to profitability and manipulated numbers.

Hubbard said the former leaders of what was once Canada's biggest company were orchestrating an "earnings management scheme" through which they held back millions of dollars of "out of balance" money so it could be reported later at their choosing.

Dunn, who was Nortel's chief financial officer before he became its chief executive officer, former CFO Douglas Beatty and former controller Michael Gollogly are accused of defrauding Nortel of $5 million. All have pleaded not guilty.

The Crown has a list of 27 witnesses it plans to call, including former employees whom it has warned the judge may have acted as accomplices. Defence opening arguments are expected Wednesday. The trial could last longer than six months. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. TUESDAY

TSX	Dollar
- 25.77 (12,232.83)	+ 0.27¢ (98.50¢ US)

Oil	Natural gas
+ 19¢ US ($111.53 US)	$2.49 US (- 18¢ US)

Gold $1,655.60 US (+ $24.80 US)

Instant. Purchase

▶ Attendees at the National Retail Federation listen to a discussion about Google Wallet Tuesday.

MARK LENNIHAN/THE ASSOCIATED PRESS

No cash or credit? Tap your phone

The Google Wallet mobile app securely stores your credit cards and rewards cards, and offers them on your smartphone. When you check out at stores that accept Google Wallet, you can pay and redeem offers by tapping your phone.

Low interest rates, more debt: Bank

Ottawa is prepared to intervene again to discourage home buying, Finance Minister Jim Flaherty said Tuesday after the Bank of Canada warned low interest rates could cause Canadians to pile on more debt. The bank said the policy interest rate will stay at the super-low one per cent. Economists say rates may stay low for a year or two more. THE CANADIAN PRESS

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THE WORST IS BEHIND US

JUST SAYIN' ...

PAUL SULLIVAN
METRO

We should get a medal.

On it should be: "I survived Blue Monday."

If you're reading this, it's confirmed: you survived what is held to be the most depressing day of the year.

There's even a formula for those who don't automatically buy the idea that the third Monday in January is the most depressing day of the year. Developed by some helpful guy in Wales, it factors in weather, post-holiday bills, the grim fact that holidays are over, enthusiasm for your new year's resolution is officially on the wane, and there's that nagging feeling that if you don't do something, it's only going to get worse.

I'd add that for most of the country, the next holiday doesn't come until April 6, and there's a long stretch of another-day-older-and-deeper-in-debt until we get there.

So at least you should get a freaking medal.

I spent the most depressing day of the year in a room full of rocket scientists (don't ask) and by the end of it, I came to the conclusion that I need more RAM. But at least I got to the end of it, and by the time I turned out the light and pulled the covers over my head, I was feeling quite smug: starting tomorrow, there's nowhere to go but up.

"Even the not-psychologist admits his calculations are meaningless. But that hasn't stopped media from picking up the story, thanks to the time-tested tradition of never letting the facts get in the way of a good story."

And the same guy who calculated the most depressing day of the year has also determined the happiest day of the year, which this year for some reason is Monday, June 18.

We're happy on June 18, allegedly, because it's warm enough to go outside and play; therefore, we're closer to nature in all its early-summertime glory. We can hang out with friends without being frostbitten and even if we're miserable creatures we can remember summers long ago when we weren't. Finally, we're almost on holiday, which is better than being fresh out of holidays.

It's all very scientific, except that it isn't. Some killjoy pointed out that the so-called expert who devised the formula is not, as often billed, a psychologist at the University of Cardiff. Even the not-psychologist admits his calculations are meaningless. But that hasn't stopped media from picking up the story, thanks to the time-tested tradition of never letting the facts get in the way of a good story.

Surely at this time of the year, we need all the encouragement we can get. And the news that we've hit rock bottom and it can only get better is welcome news indeed.

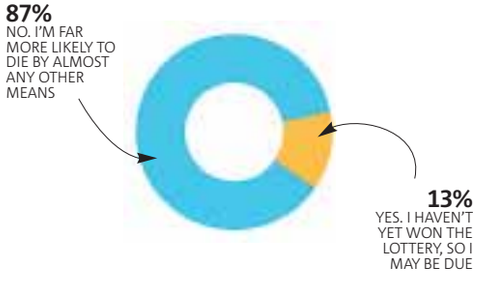
It would be even better if it came with a medal we could wear around our necks … at least until the Easter Bunny finally saves the day.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Panel

Register at metropolitanpanel.ca and take the quick poll

Are you afraid of yet another falling piece of space junk?



Local tweets

- **@Evolving:** Weird that I had to run back in to grab my umbrella and not my mitts. #nosnow #ldnont
- **@MelanieSundayL:** Why does it smell like the kellogs factory blew up in downtown #ldnont right now?
- **@WernerDuever:** #savingstip #ldnont Put your credit card on ice and live on cash only for one month. It's painful but you should find ways to cut back.
- **@WeaverFever1111:** Phone + rain = bad. Back on now though!! Crikey... that was quite the scare last night. What item could you not live without? #ldnont
- **@craighunter_:** Another f--ing Wellington 13 goes by full. This is ridiculous. I'm almost at the beginning of the route. @todayonLTC #ltc #ldnont
- **@abraccs:** Since when does #Fanshawe have commercials on @MuchMusic ????
- **@kaylakozan:** Tetris Battle really hurting the #UWO WiFi right now.
- **@bradiehedges:** Why does saugeen always sound like a rave! Its tuesday before noon! #UWO...not sure if this is a problem or solution

Daily Zoom

GETTY IMAGES

Horses of the apocalypse?

A gallop on fire to honour a saint

A man rides a horse through a bonfire in the small village of San Bartolomé de Pinares in Spain. In honour of St. Anthony (San Anton), the patron saint of animals, hundreds of horses are ridden through bonfires on the night before the official day of paying homage to animals. MWN

Then a feast of sausages after

These steeds leap through bonfires to drum beats and Spanish bagpipes until midnight, when the riding ends. By morning, when the fires have died down to embers, locals grill a feast of chorizo and blood sausage. Those taking part in the festival believe the flames and smoke "purify" the horses. MWN

"I myself remember from childhood this is how the village elders and I prayed to St. Anthony."

SAN BARTOLOMÉ MAYOR MARIA JESUS MARTIN TOLD LOCAL MEDIA. FOR CENTURIES AN EPIDEMIC WIPED OUT REGIONAL WORKHORSES. RESIDENTS THEN PRAYED TO ST. ANTHONY FOR PROTECTION BY BURNING AN EFFIGY AT THE STAKE AS A SYMBOL OF PURIFICATION.

200

200 horses, as well as dogs, cats, pigs, birds and even ferrets, took part in San Bartolomé's annual blessing of the animals.

metro

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Is the comic book movie well starting to run dry?

Nicolas Cage rides back into theatres as Ghost Rider in mid-February With tier-two comic book heroes getting hit up for a sequel, it begs the question: After a decade-long spandex-and-leather blockbuster boom, are there any comic book film adaptations left in the tank?

Green Arrow
This B-league bow-master has been hitting hard targets since 1941, but outside of fan-boy circles he might as well be a contestant on American Archer. Not only does Green Arrow borrow from Robin Hood's wardrobe but he also shares the Englishman's penchant for the redistribution of wealth.
Movie Buzz: Years back, Kevin Smith's name was bandied about in connection with an Arrow movie. More recently NY Times best-selling author Brad Meltzer has dropped hints that he'd be down to pen the script.
Odds of ever making the big screen: Slim as a solo deal but sky-high in a Justice League of America (JLA) live-action flick.

Captain Canuck
The Cap is a well-mannered Mountie who acquires super-strength after a run-in with some aliens while camping. He then dons red-and-white spandex with a maple leaf emblazoned on his forehead while tangling with baddies. In its original incarnation the series was set in a future world where Canada had become, according to the first issue, "the most important country in the world."
Movie Buzz: Mind's Eye Entertainment owns the film rights and plans on developing the project with the cooperation of series creator Richard Comely.
Odds of ever making the big screen: Pretty good, eh.

Aquaman
The often-parodied super-swimmer has been breathing underwater and having telepathic conversations with fish, mollusks and other sea life since 1941. Ventriloquist and comedian Jeff Dunham points out that Aquaman has the same powers as SpongeBob SquarePants.
Movie Buzz: If Shaq could suit up and play Steel, there's no reason why Michael Phelps couldn't dye his hair blonde and start chatting up some beluga whales.
Odds of ever making the big screen: While HBO's Entourage featured the making of an Aquaman action movie with James Cameron, the underwater hero doesn't get that caliber of Hollywood love in real life.

Flash
In the comic book world the mantle of the fastest man alive has been held by Jay Garrick, Barry Allan, Wally West and Bart Allan. A mainstay in the T-shirt wardrobe of Big Bang Theory's Dr. Sheldon Cooper, Flash has remained fashion forward in geek circles for more than 70 years.
Movie Buzz: Fan-boys are chirping a mile a minute and "Rock the Lightning" would be a great poster tagline.
Odds of ever making the big screen: In 1990-91 CBS ran a single season of The Flash starring John Wesley Ship. But if there's ever a JLA movie, Warner Bros. will greenlight a Flash solo joint in a red-hot minute.

CONTRIBUTED

Black Panther
Beyond Wesley Snipes vamping it up in Blade movies, there haven't been too many mainstream African-American superhero movies. Created by Stan Lee and Jack Kirby in 1966, Black Panther — the protector of the fictitious African nation of Wakanda — is the Jackie Robinson of superheroes laying the groundwork for all that followed including Luke Cage, Falcon, Storm and Spawn.
Movie Buzz: Some small murmurs a the moment.
Odds of ever making the big screen: They'd need to get creative with the title, otherwise many would assume the movie was about the radical organization of the same name. MIKE DOJC

Aviation films still fly in Hollywood

Rumour has it George Lucas' Red Tails' air battles amongst the best created on film

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

The first Best Picture Oscar winner was Wings, a 1927 aviation flick featuring an inane love story but some spectacular aerial footage.

Director William A. Wellman used his experience as a celebrated combat pilot during World War I to create the movie's realistic and thrilling dogfights, which packed audiences into first-run theatres for 63 weeks straight.

George Lucas, the producer of this weekend's Red Tails, must be hoping for similar success for his aviation movie. If Red Tails draws crowds, he says, he wants to expand the story of African American World War II pilots the Tuskegee Airmen into a trilogy.

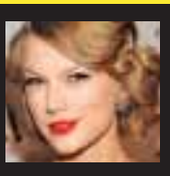
Advance word suggests Red Tails' air battles are amongst the best ever created on film. Perhaps so, but Lucas has 100 years of elaborate aerial photography to compete with.

The flying sequences in Battle of Britain, the 1969 recreation of the British RAF's defeat of the Luftwaffe, are regarded as the gold standard of aviation footage. To shoot these spectacular scenes the filmmakers assembled such a large collection of vintage planes that the production briefly became the 35th largest air force in the world.

But not all the planes were authentic. Mock-ups of Spitfires and Hurricanes, powered by lawn mower engines, can be seen taxiing down runways.

2 scene

In brief



Should Jake Gyllenhaal be worried? Taylor Swift graces the cover of Vogue's February issue and tells the magazine her next album will be about an "absolute crash-and-burn heartbreak" she experienced. The 22-year-old singer doesn't name names, but she did date Gyllenhaal in 2010.
THE ASSOCIATED PRESS

Marvel says creativity, compelling stories will drive comics again in 2012.

Genie Awards will be held March 8 in Toronto and will be broadcast on CBC-TV

Genies and wannabes

Jean-Marc Vallée's mystical romance Cafe de Flore and David Cronenberg's psychoanalysis drama A Dangerous Method are the top contenders for Canada's biggest film prizes.

Vallée's francophone feature has 13 Genie Award nominations while Cronenberg's weighty study has 11.

The film giants will face off in the best picture and best director categories, where they also compete with Philippe Falardeau and his tender school tale Monsieur Lazhar, which collected nine nods.

The nominations were announced Tuesday morning by the Academy of Canadian Cinema & Television at simultaneous news conferences in Toronto and Montreal.

Rounding out the best picture race is the thriller The Whistleblower and the francophone comedy Starbuck. They earned six nominations apiece.

The acting categories are studded with international stars. Notables include Michael Fassbender, Michelle Williams, Viggo Mortensen, Vanessa Paradis and Rachel Weisz.

Fassbender is in the best actor race for his turn as Carl Jung in A Dangerous Method. Rivals include Garret Dillahunt, who plays a disillusioned war vet in Oliver Sherman; Scott Speedman, as the notorious Canadian bank robber in Edwin Boyd: Citizen Gangster; Montreal's Patrick Huard, who plays a frequent sperm donor in Starbuck; and Algeria's Mohamed Fellag, who stars as a sensitive school teacher in Monsieur Lazhar.

Mortensen is nominated for best supporting actor for his take on Sigmund Freud in A Dangerous Method. He's up against Friday Night Lights star Taylor Kitsch, who plays a troubled photo to journalist in The Bang Bang Club; Antoine Bertrand from Starbuck; Kevin Durand of Edwin Boyd: Citizen Gangster and the young Marin Gerrier, who charms as a jazz-obsessed Parisian boy in Cafe de Flore.

Meanwhile, the best actress race pits Paradis, who stars as a devoted mother in Cafe de Flore, against Weisz, who plays a crusading peacekeeper in The Whistleblower and Williams, as a young wife with a wandering eye in Sarah Polley's Take This Waltz.

Catherine de Lean of Nuit #1 and Pascale Montpetit from The Girl in the White Coat round out the nominees. THE CANADIAN PRESS

CONTRIBUTED

▶ Viggo Mortensen, left, and Keira Knightley star in A Dangerous Method along with Michael Fassbender. Knightley failed to score an acting nod like her co-stars for a risky performance that critics have singled out — for good or for bad — for its intensity.

Oscar ambition

This year's Oscar hopeful is Monsieur Lazhar, a francophone film about an Algerian immigrant who takes over a class of Montreal elementary students reeling from the sudden death of their teacher.

It comes from the same Quebec producers as last year's Genie darling, Incendies.

GETTY IMAGES

▶ Best actor nominee Michael Fassbender

Canuck cinema

The Genie Awards have announced nominations for the best in Canadian cinema. A look at the key categories:

- **Best picture:** A Dangerous Method, Cafe de Flore, Monsieur Lazhar, Starbuck, The Whistleblower.
- **Best director:** David Cronenberg, A Dangerous Method; Steven Silver, The Bang Bang Club; Jean-Marc Vallee, Cafe de Flore; Philippe Falardeau, Monsieur Lazhar; Larysa Kondracki, The Whistleblower.
- **Best actor:** Mohamed Fellag, Monsieur Lazhar; Garret Dillahunt, Oliver Sherman; Michael Fassbender, A Dangerous Method; Patrick Huard, Starbuck; and Scott Speedman, Edwin Boyd: Citizen Gangster.
- **Best actress:** Catherine de Lean, Nuit #1; Pascale Montpetit, The Girl in the White Coat; Vanessa Paradis, Cafe de Flore; Rachel Weisz, The Whistleblower; Michelle Williams, Take This Waltz.

Comedy Corner
A student noticed his roomate was upset. "Whats the matter?" He asked his roomate. "I wrote home asking my parents for money so I could buy a laptop, and they sent me a laptop!"
Big League COMEDY
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KATHERINE HEIGL
ONE FOR THE MONEY
JANUARY 27
IN THEATRES JANUARY 27th
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ONE FOR THE MONEY!
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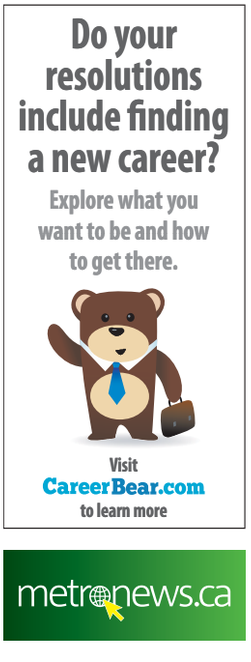
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Paula Deen: Now is 'God's time' to make some cash

- The queen of unhealthy cooking reveals she has Type 2 diabetes
- Interesting that she just got a sweet deal to promote a diabetes drug...

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Thanks to a super scoop by The Daily, it's been known that celebrity chef of all things fattening — deep-fried butter balls, Velveeta fudge, and butter, mayo, and whiz spread, to name just a few of her recipes — Paula Deen had developed Type 2 diabetes and would soon go on a publicity blitz about the diagnosis.

Well, that whirlwind media tour happened yesterday when she went on The Today Show as well as grant an interview to USA Today.

Although she's apparently been diabetic for over two years (while continuing to shill her high-fat, high-calorie cooking), she decided to go public now because, as she puts it, it wasn't "God's time" when she first learned she was sick.

"I felt like I had nothing to offer anybody other than the announcement. I wasn't armed with enough knowledge. I knew when it was time, it would be in God's time," she told USA Today.

Interestingly enough, for Deen, "God's time" means "time to finagle a lucrative contract with a makers of a diabetes drug." As, oh yes, Deen used that lull to sign on as a sponsor for the diabetes medicine Victoza. A new website featuring Deen as their spokesperson also launched Monday.

Deen doesn't want to say how much money she's making off the deal.

ALL PHOTOS GETTY IMAGES

▶ Paula Deen

She tells USA Today, "Talking about money is garish. It's tacky. But, of course, I've been compensated for my time. That's the way our world works."

Is it just me, or is it also garish and tacky to continue to shill your junk food to people even though you know it can make them sick — like it did you?

Jay-Z heads toward PG-13 lyrics

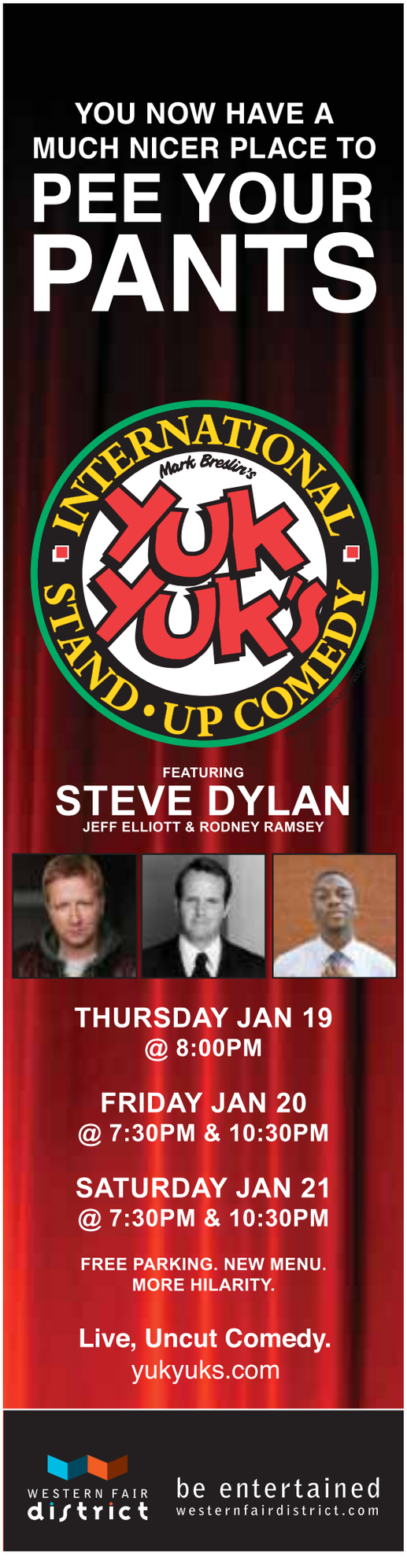
Now that he's a dad to a baby girl, Jay-Z is cleaning up his act, according to NME. The rapper has released a poem vowing to stop using the word "bitch" in his lyrics. "Before I got in the game, made a change, and got rich. I didn't think hard about using the word bitch," he writes.

"I rapped, I flipped it, I sold it, I lived it. Now with my daughter in this world I curse those that give it."

Jay-Z also released a song earlier this month that features the sounds of daughter Blue Ivy Carter cooing and crying, which made her the youngest person ever to be credited on the U.S. Billboard singles chart.

METRO

Jay-Z



3 life

Travel in brief

Wild Women Expeditions is celebrating its 22nd season in operation with adventures in every region of Canada. What started in 1991 as an all-women canoe tripping company has expanded across Canada is now offering kayak, flatwater and whitewater canoe, hiking, cycling, surfing and yoga adventures. One of their newest offerings is the Wild Yoga Retreats in Gros Morne, Nfld., and Bay of Fundy, N.B. From June through to September, many expeditions are available. The complete schedule is available online at wildwomenexp.com/calendar.

METRO

Dare to Wear Love museum exhibit features Canadian fashions inspired by Africa

Aruba: One happy island

Aruba has some of the best beaches in the Caribbean and it's outside the hurricane zone But there's more to this island than the beach

VAWN HIMMELSBACH
LIFE@METRONEWS.CA

Aruba, a tiny island only 25 kilometres from the Venezuelan coastline, is known for its turquoise water and white sandy beaches. But, unlike many of its Caribbean neighbours, it hasn't been taken over by all-inclusive resorts and all of its beaches are public.

It's safe, easy to get around, and you'll find hundreds of restaurants, bars and nightclubs in Oranjestad, the island's picturesque capital, so you won't be stuck eating at the same buffet table every day.

COURTESY ARUBA TOURISM AUTHORITY

All of Aruba's beaches are public.

What to do

If you can manage to tear yourself away from your poolside lounge chair and mojito, there's no shortage of easily accessible activities on the island — scuba diving, snorkeling, windsurfing, kitesurfing, sea kayaking, water skiing and sailing, to name just a few. There's also hiking, quad trekking and sunset horseback riding in the island's national park. As for beaches, Eagle Beach and Palm Beach are among the best beaches in the Caribbean, perfect for swimming and sunbathing.

For windsurfing/kitesurfing: To take advantage of the near-constant trade winds, head to Boca Grandi, Malmok, Grapefield or Fisherman's Huts.

Diving and snorkeling

Aruba is the wreck diving capital of the Caribbean with more than 20 wreck sites off of the coast just waiting to be explored — including the German freighter Antilla, from the Second World War. Whether you're a novice or advanced diver, you can spot a range of aquatic life. Several outfitters such as De Palm Tours and Red Sail Sports offer catamaran trips to the island's best snorkeling spots.

Events

January-March, Carnival: This is Aruba's biggest party of the year, complete with street parties and parades, flamboyant costumes and fantastic music.

May, Aruba Soul Beach Music Festival: This star-studded, two-night concert series has previously featured India Arie, Alicia Keys and Jennifer Hudson. For more, visit soulbeach.net.

June, Aruba International Film Festival: Actors, producers and film-makers from around the world will descend on Aruba for eight days to celebrate international film. For more, visit arubafilm.com.

November, Aruba in Style (Fashion Week): Don't miss this yearly fashion, entertainment and lifestyle event — a mix of trendy fashion shows, glamorous parties and shopping.

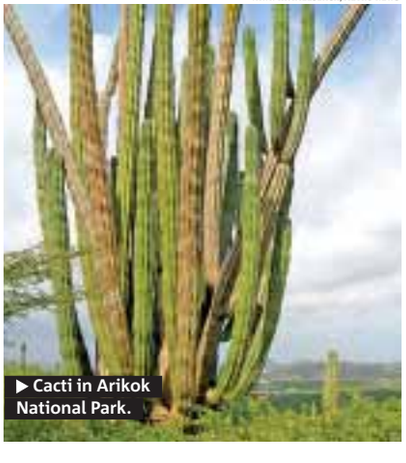
Aruba for land lovers

For non-aquatic adventure, head to Aruba's national park, Arikok National Park, a protected area that covers 18 per cent of the island.

Here you'll find more than 32 kilometres of hiking trails among several species of cacti (go on your own or on a guided tour with one of the knowledgeable park rangers), as well as historical sites, limestone caves with Amerindian pictographs, and the pounding surf of Dos Playa, ideal for surfing and bodyboarding.

VAWN HIMMELSBACH

VAWN HIMMELSBACH/METRO NEWS



Cacti in Arikok National Park.

Where to eat

Thankfully, Aruba offers a lot more than the all-inclusive buffet. In fact, there are several hundred options, from high-end dining to local seafood shacks.

Papiamento Restaurant: Join the Ellis family in their 175-year-old manor house for upscale dining in a tropical garden setting. Try the local specialty Keshi Yena, made with minced tenderloin and chicken stewed with prunes, raisins and cashews, topped with Dutch cheese.

Cuba's Cooking: You'll find genuine Cuban cuisine in one of the oldest houses of historic downtown Oranjestad, including ropa vieja, picadillo and palomilla steak — and one of the best bolero singing pairs outside of Havana.

Zeerovers Fish Bar: Head to this typical Aruban fisherman's bar in Savaneta for freshly caught fish and shrimps — this is where the locals go for the catch of the day. Forks are optional.

VAWN HIMMELSBACH/METRO NEWS

Zeerover's Fish Bar.

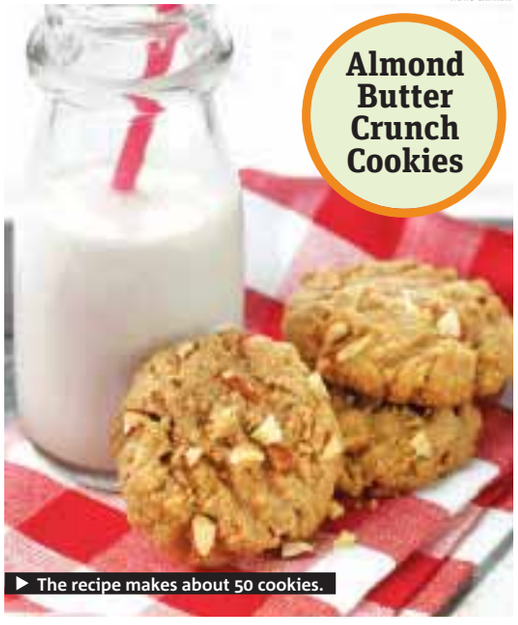
Where to stay...

- The newly renovated Radisson Aruba Resort, Casino & Spa is the hotel group's flagship property, situated on 15 acres alongside Palm Beach.
- The Radisson's Sunset Grille is the only restaurant on the island that has achieved AAA Four Diamond status; try the prime rib or fresh seafood.

Almonds show sweet side

These crunchy cookies have a great texture thanks to almond butter and roasted almonds

NEWS CANADA



The recipe makes about 50 cookies.

Using almond butter helps deepen the almond flavour in these cookies as well as offers up a great texture.

Roasted almonds add crunch to the cookies, which makes them perfect to enjoy with an afternoon coffee.

Preparation:

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large bowl, using an electric mixer, beat together almond butter, butter, brown sugar, egg and almond extract until light and fluffy.
3. In a separate bowl, combine flour, baking soda and salt. Add flour into creamed mixture slowly until well blended. Stir in diced almonds. Dough will be very crumbly; cover with plastic wrap and refrigerate for 30 minutes or until firm.
4. Form into 1-inch (2.5 cm) balls and place on baking sheet; flatten with a fork creating cross hatch pattern. Bake on centre rack in oven for 12 to 15 minutes or until lightly browned. Cool on baking sheet for a few minutes before transferring cookies to a wire rack. When cool, store in airtight container.

ALMOND BOARD OF CALIFORNIA/ NEWS CANADA/ ADAPTED FOR METRO NEWS BY EMILY RICHARDS(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 1 cup (500 mL) creamy almond butter
- 1/2 cup (250 mL) butter, softened
- 1 cup (500 mL) packed brown sugar
- 1 egg
- 1/2 tsp (2 mL) pure almond extract
- 1 1/2 cups (375 mL) all purpose flour
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1/2 cup (250 mL) diced roasted almonds

Drink of the week

Chocolate Doughnut Hot Chocolate

- 500 ml (2 cups) whole milk
- 1 glazed or sugar coated chocolate doughnut
- 125 ml (1/2 cup) semisweet chocolate chips
- Pinch salt

In a blender, combine milk and doughnut. Puree until very smooth.
Transfer mix to saucepan. Whisking constantly, heat over medium until it thickens, 3 mins. Add chocolate chips and salt, whisking until chocolate has melted and cocoa is smooth. THE ASSOCIATED PRESS/ J.M. HIRSC

If you're looking for a smoother texture, try these Almond Cardamom Cookies They include orange zest and almond extract for added flavour

Cardamom is a traditional spice in chai tea and is perfect to use in baking to fill the house with a wonderful aroma. If you can't find cardamom use ground cinnamon instead.

These tiny sophisticated cardamom cookies are given a lift with orange zest and almond extract and finished with a natural almond in their centres.

Preparation:

1. Spread almonds on a small baking pan and bake in 180 C (350 F) oven and for about 7 minutes or until golden brown and fragrant; stir once or twice to ensure even browning.
2. Place toasted almonds in food processor and process until finely ground; set aside.
3. In a small bowl, stir together flour, cardamom and salt; set aside. In another bowl, beat butter using electric hand mixer at medium speed until fluffy. Gradually beat in sugar. Beat in egg yolk, orange zest and almond extract. Add flour mixture and ground almonds and beat at low speed just until blended. Cover and refrigerate until chilled.
4. Shape tablespoonfuls (15 mL) of dough into balls; place 2.5 cm (1 inch) apart on parchment paper lined baking sheets. Press a whole almond in the centre of each ball. Bake in 160 C (325 F) for 15 to 18 minutes or until the underside is lightly browned. Transfer to wire racks to cool.

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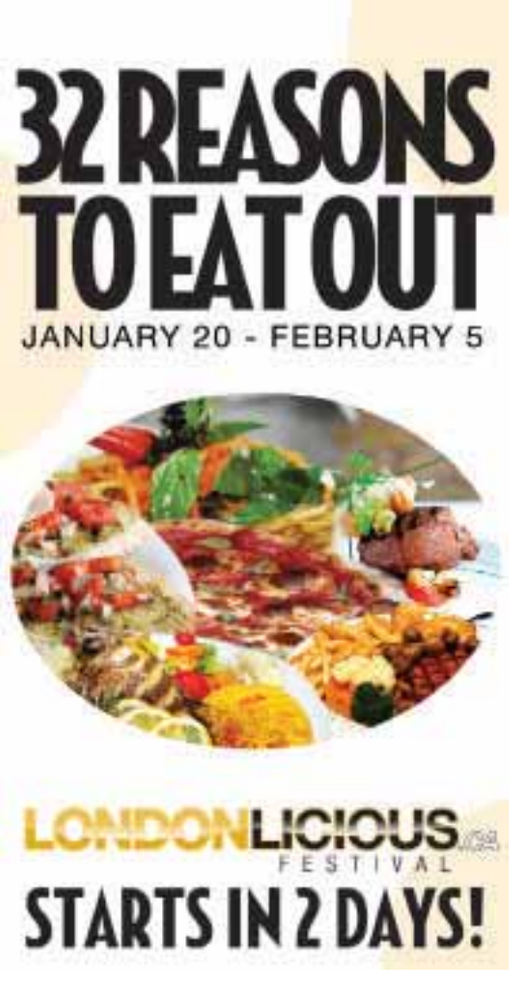
Ingredients:

- 250 ml (1 cup) slivered almonds
- 250 ml (1 cup) all-purpose flour
- 10 ml (2 tsp) ground cardamom
- 1 ml (1/4 tsp) salt
- 125 ml (1/2 cup) unsalted butter, softened
- 75 ml (1/3 cup) icing sugar
- 1 egg yolk
- 10 ml (2 tsp) grated orange rind
- 2 ml (1/2 tsp) pure almond extract
- 28 whole natural almonds

THE CANADIAN PRESS H/O

Almond Cardamom Cookies

The recipe makes 28 cookies.



Make giving back sound even better

You volunteered — good for you! But what exactly did you do? Make that experience count on your resumé

GREG OVERHOLT
TALENTEGG.CA

ISTOCK

▶ There will certainly be a spotlight on you if you know how to convey the importance of your volunteer work properly.

In the Volunteer Experience section of your resumé, do your bullet points look like any of these?

- Promoted and raised awareness for events
- Attended and assisted in events such as campus fair
- Assured information around campus is up-to-date
- Worked closely and communicated often with the President and VP Sales and Marketing
- Kept finances up-to-date

These are a sample of some bullet points taken from applicant resumés that I've reviewed recently.

Read any one of them and ask yourself: "What did he or she actually do in this position?"

What information should you include?

As the employer, I want to see specific examples in regards to what you did and how you did it, as well as the results that were generated by these actions, rather than somewhat vague or generic descriptions of your role.

To only write that you "promoted and raised awareness for events" is not enough — the key element is explaining how you did this. Did you put up flyers? Posters? A neat guerilla campaign using social media? And what was the result of the events? How many people came out? A bullet point without this type of information provides unsubstantial information and therefore doesn't give an employer many positive things to attribute to your work.

The resumé sentence

In resumé language, sentences should be formed answering "What you (actually) did" and great ones include "The result of my action was…" To communicate your volunteer experiences better, you should re-word the first aforementioned bullet point as such:

"Promoted our speaker series by administering daily booths and creating campus-wide marketing materials, which generated an additional 50 attendees."

Ahhh… now I know what you did, and it seems as though your marketing efforts were successful (and I am impressed that you measured your impact afterward!).

"Measuring your outcomes, getting evaluations, quantifying success and setting goals are all aspects that you must consider as you begin to volunteer."
GREG OVERHOLT

How do you measure your awesomeness?

Measuring your outcomes, getting evaluations, quantifying success and setting goals are all aspects that you must consider as you begin to volunteer (or work) so that you can understand and communicate your goals and accomplishments.

If you are a marketing person, for example, conduct a post-event survey by asking participants where or how they heard about the event.

This will give you the necessary feedback and evidence to prove that you were successful (50 students came because of you) or give you valuable insight into what you should or shouldn't do next time (important learnings or key take-aways from your experiences that can be applied to this job are also great for interviews, even if the result wasn't great).

GREG OVERHOLT IS THE FOUNDER AND EXECUTIVE DIRECTOR OF THE NATIONAL STUDENT-LED CHARITABLE SOCIAL VENTURE SOS: STUDENTS OFFERING SUPPORT (STUDENTSOFFERINGSUPPORT.CA).

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WORKERS NOT ALWAYS THE INNOCENTS

We're quick to pick the big boss out as the office enemy But employee misconduct must not be overlooked

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

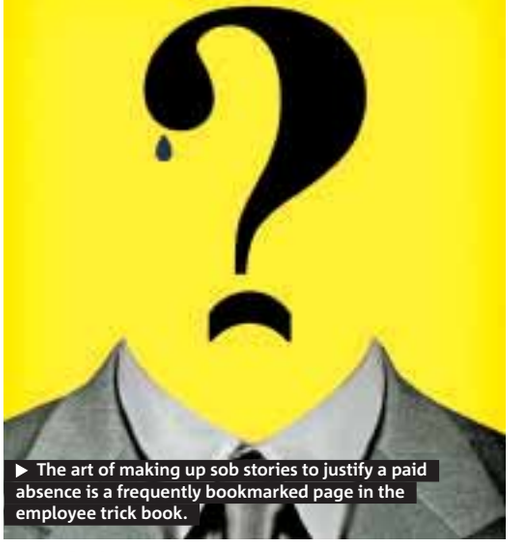
Sure employers' have money-saving workplace law schemes, designed to keep money in their own pockets and less in their employees. However, employees also have some tricks up their sleeves. Here are some of my favourites:

Alleged constructive dismissals:

Many employees, unhappy with their jobs and their employers, will conjure up perceived workplace injustices in an effort to leave and collect severance. Some of these claims are meritorious —many are not. Worse, in a number of cases, these employees have already received another job offer, and therefore, have no right to compensation no matter how long or commendable their service.

Mitigation:

The single biggest source of employer mistrust with employees is with those who are no longer employed but are still on their payroll receiving severance — and for good reason. Ex-employees who are receiving severance are required to report any job offers or any income they receive, which would then eliminate further payments. Many do not and they usually get away with it.



▶ The art of making up sob stories to justify a paid absence is a frequently bookmarked page in the employee trick book.

Harassment claims:

Today, a tough boss can no longer criticize employees without fear of a human rights or harassment complaint.

This is because liberalized human rights laws and employee-friendly human rights tribunals often extend legal protection to even superficial harassment claims. Employees, aware of employers' fears, can illegitimately assert they were "harassed" when something did not go their way and they frequently do, as a means to achieve a right or benefit they did not otherwise deserve.

Loyalty:

Most employers believe that unhappy ex-employees will stop at nothing to derail them. However, the biggest workplace conspirators often come from inside.

These employees strategize about competing but while still employed. They steal confidential data and take steps to cripple their company — and then swiftly leave for a rival.

Malingerers:

If you ask just about anyone what the biggest problem with workplace law is today, most will invariably announce that disability cheaters are at the top of their list.

Although they are few in their numbers, their scams are often magnificent ones as they find ways to get paid, without ever having to go to work.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

Ottawa wins this round

Anderson stops 37 shots as Sens edge rival Leafs, build lead in standings to 11 points

SENATORS	LEAFS
3	2

FRANK GUNN/THE CANADIAN PRESS

▶ Senators centre Jason Spezza celebrates his goal on Maple Leafs goaltender James Reimer with teammates.

Craig Anderson kept up his stellar play and the Ottawa Senators avoided their first two-game losing streak in two months.

The Senators goalie made 37 saves Tuesday to backstop his team to a 3-2 victory over the rival Toronto Maple Leafs.

Anderson has been virtually unbeatable in January, compiling a 7-1-1 record and .945 save percentage. As a result, the Senators have climbed to fifth in the Eastern Conference and now hold an 11-point advantage over the ninth-place Leafs with three games in hand.

Daniel Alfredsson, Jason Spezza and Kyle Turris scored for Ottawa (25-16-6), which hasn't dropped consecutive games in regulation since Nov. 9 and 11.

Matthew Lombardi and Joffrey Lupul replied for the Maple Leafs (22-17-5).

With both teams part of the tight playoff race for the first time in years, the Battle of Ontario appears to be approaching the intensity it used to be known for. The game featured two fights, including one between Leafs captain Dion Phaneuf and Nick Foligno in the second period that came six minutes after the Senators forward laid Phaneuf out with a low hit.

Toronto got off to the fast start it wanted against a Senators team playing for the second time in as many nights.

Lombardi beat Anderson with a shot through the legs at 6:50, giving him his first goal in a 17-game span dating back to Oct. 27. Lupul extended that advantage less than 10 minutes later after taking a lovely pass from Phil Kessel on a 2-on-1 rush.

Ottawa had been outplayed to that point, but Alfredsson gave them some life just before the intermission. The captain took a pass from Milan Michalek and backhanded a shot over James Reimer with 7.5 seconds left in the period.

The victory came at an important time in the schedule as Ottawa faces four more road games before hosting the all-star game later this month.

THE CANADIAN PRESS

Jays sign Villanueva, Johnson, Francisco

The Toronto Blue Jays avoided arbitration with right-hander Carlos Villanueva, second baseman Kelly Johnson and outfielder Ben Francisco on Tuesday, signing all three to non-guaranteed one-year deals.

Johnson is scheduled to make $6.375 million US in 2012 while Villanueva agreed to a deal just under $2.3 million and Francisco is slated to get $1.537 million.

Toronto has two arbitration-eligible players remaining — pitchers Casey Janssen and Brandon Morrow. Second-year general manager Alex Anthopoulos said unless either or both players agree to a multi-year contract, the Jays and the player's representatives will indeed meet before an arbitrator, likely sometime next month.

"The one thing we both agree on is the players should get a raise and the players should make more than they made last year," he said during a conference call.

"I think we're all on the same page that we like the players and want to give them a raise.

"What we can't see eye-to-eye on is how much of a raise to give them so the third party has to get involved to tell us what the right amount is. We don't have a problem with that."

Then again, the Jays were scheduled to go to arbitration last year with slugger Jose Bautista and pitcher Jason Frasor, but settled on multi-year deals with both players prior to meeting with an arbitrator.

Bautista agreed to a five-year, $64-million US deal with a club option for a sixth year at $14 million while Frasor reached a one-year, $3.5-million agreement with a club option for 2012 worth $3.75 million.

THE CANADIAN PRESS

Giant request

Giants ace Tim Lincecum has asked for $21.5 million US in salary arbitration and been offered $17 million.

- The two-time NL Cy Young Award winner's request Tuesday neared the record amount sought in arbitration. Houston pitcher Roger Clemens asked for $22 million in 2005.
- San Francisco's offer was the highest in arbitration history, topping the $14.25 million the New York Yankees proposed for shortstop Derek Jeter in 2001.

4 sports

Sports in brief

Facing a main event quandary, the UFC has postponed its show in Montreal. UFC 145 was scheduled for March 24 at the Bell Centre, but was shelved on Tuesday for the time being, due to complications in scheduling.
Tom Wright, the UFC's director of Canadian operations, said he expects Montreal will still stage a show later this year. The UFC had announced eight fights, but there were no main event or co-main events. London's Adrenaline Training Center had two fighters on the card: Featherweight Mark Hominick, above, and welterweight Chris Clements.

Australian Open in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. CAMERON SPENCER/GETTY IMAGES
3. CAMERON SPENCER/GETTY IMAGES

1 Milos Raonic crushed Italian Filippo Volandri, 6-4, 6-0, 6-2, on Tuesday and joined fellow Canadians Aleksandra Wozniak and Stephanie Dubois in the second round.

2 U.S. Open champion Sam Stosur crashed out in the first round in straight sets Tuesday in a major blow for Australian fans desperate to end a long drought at the national championship.

3 Novak Djokovic started his Australian Open defence with a 6-2, 6-0, 6-0 win over Paolo Lorenzi of Italy. Andy Murray, who lost last year's final to Djokovic, struggled early before beating American Ryan Harrison 4-6, 6-3, 6-4, 6-2. THE ASSOCIATED PRESS

'I hate bugs more than you can imagine'

Insects, not injured ankle or late start, irk Serena

RYAN PIERSE/GETTY IMAGES

Serena Williams

If anything, it was the insects buzzing around Rod Laver Arena that bugged Serena Williams the most.

The injured left ankle held up fine in her opening match Tuesday at the Australian Open, and even the near-midnight start time was OK. But the bugs?

"I hate bugs more than you can imagine," Williams said after reaching the second round by beating Tamira Paszek 6-3, 6-2. "Like, they kept jumping on me. Yuck!"

The match started at 11:32 p.m., and Williams hit a service winner 1 hour, 19 minutes later to finish it off. In between points, though, she picked up and moved or shooed away bugs that landed on court, and two that landed on her back. A big one gave her a fright, making her hop as she tried to stifle a screech.

"I'm going to request not to play at night anymore because I hate bugs, except for the final. I heard it's at night," Williams said. "I'll try to get used to them."

Two years after she won her last Australian Open title, Williams extended her winning streak to 15 matches at Melbourne Park in the season's first major tournament. She won back-to-back titles in 2009 and 2010, but missed the chance to defend her title last year amid a prolonged injury layoff.

The late start was because Williams had to wait until the conclusion of a 4-hour men's night match won by Leyton Hewitt. And it was her first match since badly spraining her ankle two weeks ago at the Brisbane International, an injury that jeopardized her participation in Melbourne. Monday was the first time she was able to practice pain free, but she still had her lower left leg and ankles heavily taped.

"I don't let anything bother me," she said. "It's definitely different to have the ladies play so late, you know, so we'll see." THE ASSOCIATED PRESS

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Extra help, when needed

Unlike full-hybrid systems that can operate in electric mode only or in tandem with a gasoline engine counterpart, the eAssist's electric motor/generator, which takes the place of a traditional belt-driven alternator, kicks in when extra thrust is needed.

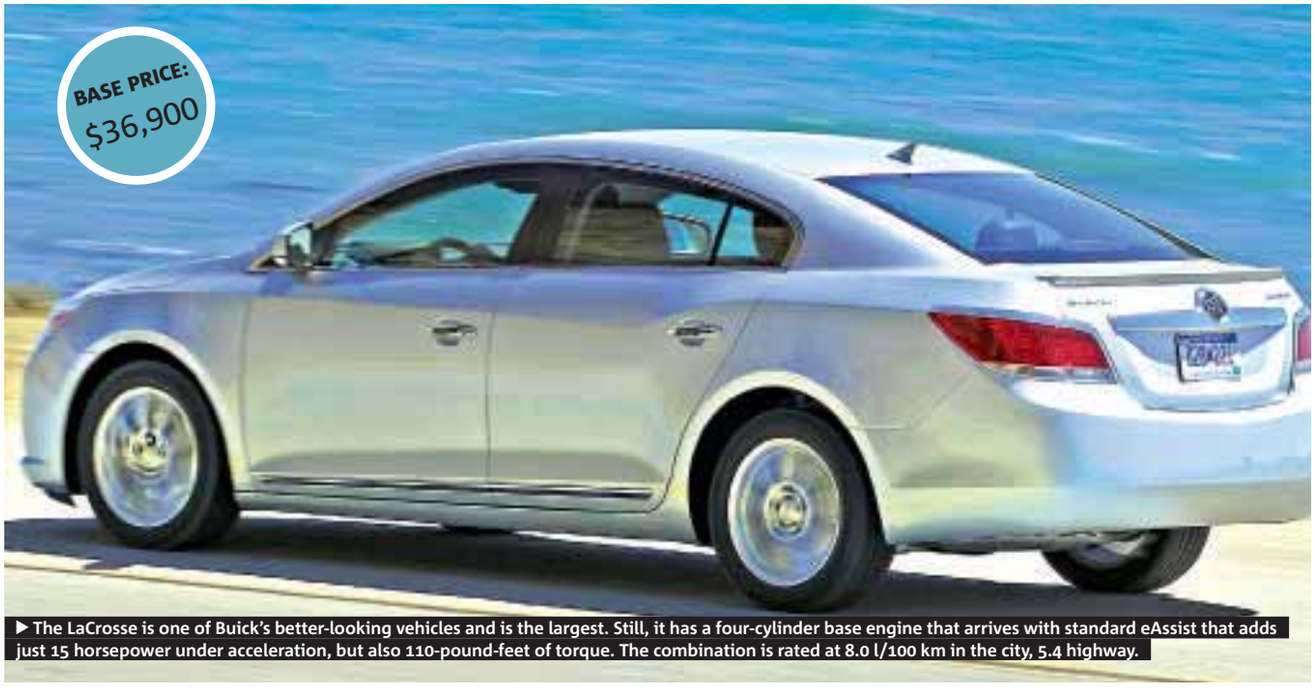
The only time the duo isn't in operation occurs when coasting downhill, while stopped at a light or in the throes of full-on traffic gridlock. Then, the gasoline engine shuts down to conserve fuel, leaving the electric side to run all the necessary accessories, such as the air conditioning.

When the light turns green or the way is clear, the engine fires up once the brake pedal is released.

Power outputs

The eAssist electric motor-generator, now standard on all LaCrosse models, replaces the traditional alternator and draws on a lithium-ion battery pack to boost the 182-horsepower (and 172 pound-feet of torque) 2.4-litre gasoline engine by an additional 15 horsepower and 110 pound-feet or torque.

It also generates an additional 15 kilowatts of power by recovering the energy produced from braking and converting it into electrical energy to help recharge the batteries.



▶ The LaCrosse is one of Buick's better-looking vehicles and is the largest. Still, it has a four-cylinder base engine that arrives with standard eAssist that adds just 15 horsepower under acceleration, but also 110-pound-feet of torque. The combination is rated at 8.0 l/100 km in the city, 5.4 highway.

Bigger doesn't always mean better for Buick

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

For traditional Buick lovers, their world must seem a truly bewildering place.

Buyers of the brand's big floaty sedans used to shop for Park Avenues, LeSabres and, until recently, Lucernes.

But that large barge has now sailed, taking with it the last vestiges of what once made Buick the final word in upper-mid-range opulence.

General Motors has retooled its formerly moribund Buick brand and infused it with some particularly tasty small-scale products that offer style and fuel economy, while placing trailer-towing capacity in the forget-about-it bucket.

Other than the popular Enclave wagon, the largest vehicle in the fleet is now the LaCrosse, a model that received a complete makeover for the 2010 model year and is currently one of the classiest looking four-doors around.

But following two years in service, there are major changes in store for this model, as well as its Regal relation, that promise to make both models significantly more fuel efficient.

The upgrade is called eAssist, a name that describes what GM calls its "light electrification" technology, but in other circles is best described as a mild hybrid.

5 drive

By comparison

Lincoln MKZ
Base price: $40,000
Stylish Ford Fusion-based model offers all-wheel-drive and hybrid versions.

Nissan Maxima
Base price: $39,500
Great looks and sporty demeanor complement its impressive V-6 power.

Toyota Avalon
Base price: $42,700
Camry-based sedan is geared to older drivers looking for a softer ride.

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Education

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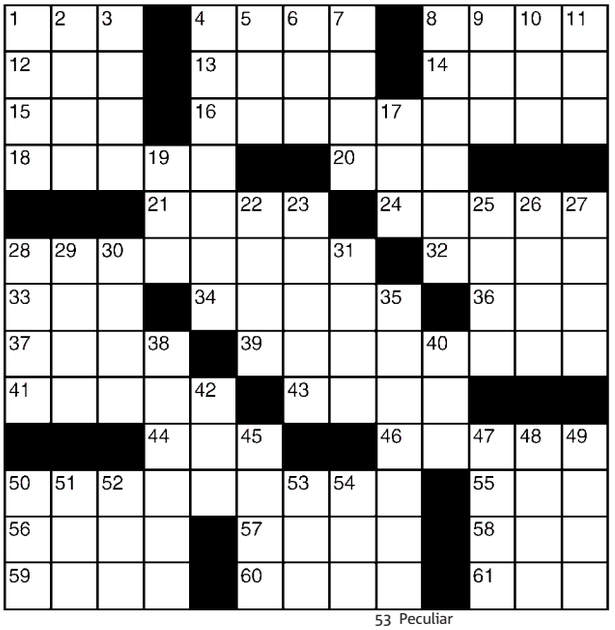

Across

1 $ dispenser
4 Two-way
8 Use a really old telephone
12 Payable
13 Therefore
14 A Great Lake
15 "CSI" evidence
16 Karate level
18 Popular condiment
20 That girl
21 — Stanley Gardner
24 Lightheaded
28 Winter road hazard
32 Pop
33 Help
34 Urban palls
36 Chum
37 Huff and puff
39 Shiner
41 Bewildered
43 Concept
44 Clear the tables
46 Hosiery material
50 Result of a star's collapse
55 Time of your life?
56 Peru's capital
57 Stench
58 Expert
59 Squad
60 Nervous
61 Corral

Down

1 Tosses in
2 Albacore, e.g.
3 Repast
4 Goes ashore
5 It starts with "http"
6 — Khan
7 Ness or Lomond
8 Scattered odds and ends
9 Anger
10 Have a bug
11 Allow
17 St. Bernard's load
19 Moment
22 Arm or leg
23 Meat contaminant
25 Ninny
26 Crucial time
27 Harvard's rival
28 Ali —
29 Springlike tune
30 Commotions
31 "Zounds!"
35 Landscapes
38 Online video equipment
40 Singer Starr
42 Diving bird
45 Old woman's home?
47 Reindeer herder, probably
48 Shrek, for one
49 Night light
50 Short-order sandwich
51 Whopper
52 "I — Camera"
53 Peculiar
54 Journal

▶ Yesterday's answer

A	B	E	T		M	A	G	I		P	T	A		
M	I	N	I		A	L	U	M		O	A	R		
P	O	S	T	H	A	S	T	E		S	K	I		
			L	I	M	O		A	C	T	E	D		
G	A	P	E	S			A	N	O	N				
R	O	O	D		S	E	M	I	N	A	R	S		
I	N	S		L	I	M	I	T		T	A	O		
D	E	T	R	I	T	U	S		D	A	F	T		
		M	U	L	E			M	E	L	T	S		
S	E	A	M	Y		A	E	O	N					
P	A	R		P	O	S	T	P	O	N	E	D		
A	S	K		A	R	I	A		T	I	R	E		
Y	E	S		D	E	A	L		E	L	A	N		

Sudoku

4				8				3
	2			9			5	
5			7		6			4
2		5				1		9
		8	3		5	4		
3		7				6		5
7			9		1			8
	5			7			4	
6				2				7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	4	6	2	1	8	5	7
8	6	2	7	5	3	1	9	4
7	5	1	9	8	4	6	3	2
1	4	6	8	3	5	2	7	9
9	2	8	4	6	7	5	1	3
5	7	3	2	1	9	4	6	8
4	8	7	5	9	6	3	2	1
6	1	9	3	4	2	7	8	5
2	3	5	1	7	8	9	4	6

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Her
It's hard for me to see you crying because he left you. But it is more painful to see myself crying because I love you yet I can't say it to you.
RON

Daniela
Danii! Your the best! thanks fro beingggg theree for me always.. Love youuuuuuuuu so much!!! BFFF!
YOUR BEST FRIEND

mamabear
To my wonderful mother, It has been a wild 20 years. I'm so grateful to have you as my mother. Thanks for being there and being awesome. We can get through anything! We just have to fight it. Problems are just setbacks; speed bumps that slow us down :) I love you!!
DAUGHTERBEAR

*BigHead, u still make my heart go pitter patter. Some things never change. **
BK KISSES* LOVE U, SPANKY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You need to approach what you are working on in a more balanced way. Slow down a bit.

♉ Taurus April 21-May 21
With Mars on your side, you feel like you could take on the world and win. Maybe you can. Try it.

♊ Gemini May 22-June 21
The fact that you are the only one in your social group who takes a particular viewpoint does not mean you are wrong.

♋ Cancer June 22-July 22
You may have to act tough or in some other way apply pressure to get what you want.

♌ Leo July 23-Aug.23
Life is good and getting better, so why are you still focusing on things that went wrong while ignoring things that went right?

♍ Virgo Aug. 24- Sept. 22
Mars in your sign turns retrograde in a few days, so focus energy on actually getting things done.

♎ Libra Sept. 23-Oct. 23
You may be tempted to cut corners a bit today but if you do, you may regret it next week.

♏ Scorpio Oct. 24-Nov. 22
You've never been the sort to worry what others think, and you're not about to change.

♐ Sagittarius Nov. 23-Dec. 21
Tackle a task or objective that you might not feel you're able to master at most other times.

♑ Capricorn Dec. 22-Jan. 20
This is the perfect occasion to revisit something you failed at earlier. This time, you'll succeed.

♒ Aquarius Jan. 21-Feb. 18
Seems you're having trouble keeping a desire of some sort under wraps. Why would you want to?

♓ Pisces Feb. 19-March 20
Because Mars is moving through your opposite sign at the moment, it may feel as if the whole world is against you. **SALLY BROMPTON**

Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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